



Serves 4
Cook Time: 35 minutes

INGREDIENTS:

2 15-oz. cans red kidney beans,
rinsed and drained

2 cups frozen mixed vegetables,
thawed

2 cups fresh spinach leaves,
shredded

3 cups cooked brown rice,
warmed

1 cup finely chopped tomatoes

½ cup finely chopped green
onions

1 cup [Cilantro-Cashew Dressing](#)

2 tablespoon finely snipped
fresh cilantro

Rice Bowls with Kidney Beans, Spinach, and Mixed Veggies

This complete meal in a bowl requires very little cooking and has a lot of textures and flavors. Use any beans, grains, or vegetables you like and this vegan rice bowl will come together wonderfully with our [Cilantro-Cashew Dressing](#).

By Darshana Thacker Wendel

- 1 In a medium saucepan combine beans and ½ cup water. Cook over medium heat just until heated through, stirring occasionally.
- 2 Meanwhile, in a small saucepan cook frozen vegetables in a small amount of boiling water 5 minutes or just until tender; drain.
- 3 Divide spinach among soup or salad bowls. Add beans, vegetables, and rice. Top with tomatoes and green onions, and drizzle with Cilantro-Cashew Dressing. Sprinkle fresh cilantro over the top. Serve warm.